



## Activities to promote youth mental health

### Context

Youth mental health is not only important to us, it is essential to the well-being of society as a whole! That's why we've joined forces with many other youth experts to create a content-rich, versatile, turnkey tool that's easy to use in the classroom, after-school, at home, in a group or individually.

### What is Adap.t ?

Adap.t educational activity booklets were created by merging the benefits of these different approaches. They are meant for school-aged youth, mainly in cycle one of high school (12 to 15 years). With content that is both fun and instructive, the modules' turnkey formula makes them easy to use in class (in the classroom or virtually) or in other types of group activities. They have a modular format for leading activities by topic. A facilitator or a teacher can choose to explore all the topics or select just one, depending on the needs of the setting.

### Themes

- What is mental health?
- Stress management
- Self-Esteem
- Managing emotions
- Internal discourse

### Approach

Social and emotional learning (SEL), combined with the development of coping skills, are key components of an individual's well-being, regardless of age. Throughout life, a person will be able to apply his or her knowledge and skills on a daily basis to help him or her cope with change, regulate stress, have satisfying social relationships, etc.

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